

What does a tennis ball have to do with fruits and veggies?

Answer: 1 cup of fruit or vegetable is as big as a tennis ball.

All of these count as 1 cup

Apple: 1 smallBanana: 1 large

• **Broccoli**: 3 5-inch spears

Carrots: 2 medium
Corn: 8-9 inch ear
Grapefruit: 1 medium
Mango: 1 medium
Peach: 1 large

• Potato: 1 medium

All of these count as ½ cup

• **Applesauce**: 1 single-serving container

Carrot: 1 medium or 6 baby

Celery: 1 large stalkCorn: 6-inch ear

 Dried fruit (such as raisins, dates, prunes, apricots): ¼ cup

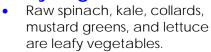
Juice: ½ cup (4 ounces)

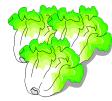
Orange: 1 smallPlum: 1 large

Spinach or kale, <u>cooked</u>: ½ cup

Spinach, kale, or lettuce, raw: 1 cup

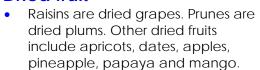
Leafy vegetables





- Because they have a lot of space between the leaves, 1 cup <u>raw</u> leafy vegetables counts as ½ cup of your daily intake.
- ½ cup <u>cooked</u> leafy vegetables counts as
 ½ cup of your daily intake.

Dried fruit





As fruit dries, it gets smaller. For that reason,
 4 cup dried fruit counts as ½ cup of your daily intake.

Remember to count all of these

- 100% fruit and vegetable juices
- Legumes (dried beans, peas or lentils)
- Canned
- Fresh
- Frozen
- Dried



To find out how many cups of fruits and vegetables you need, visit www.fruitsandveggiesmatter.gov.